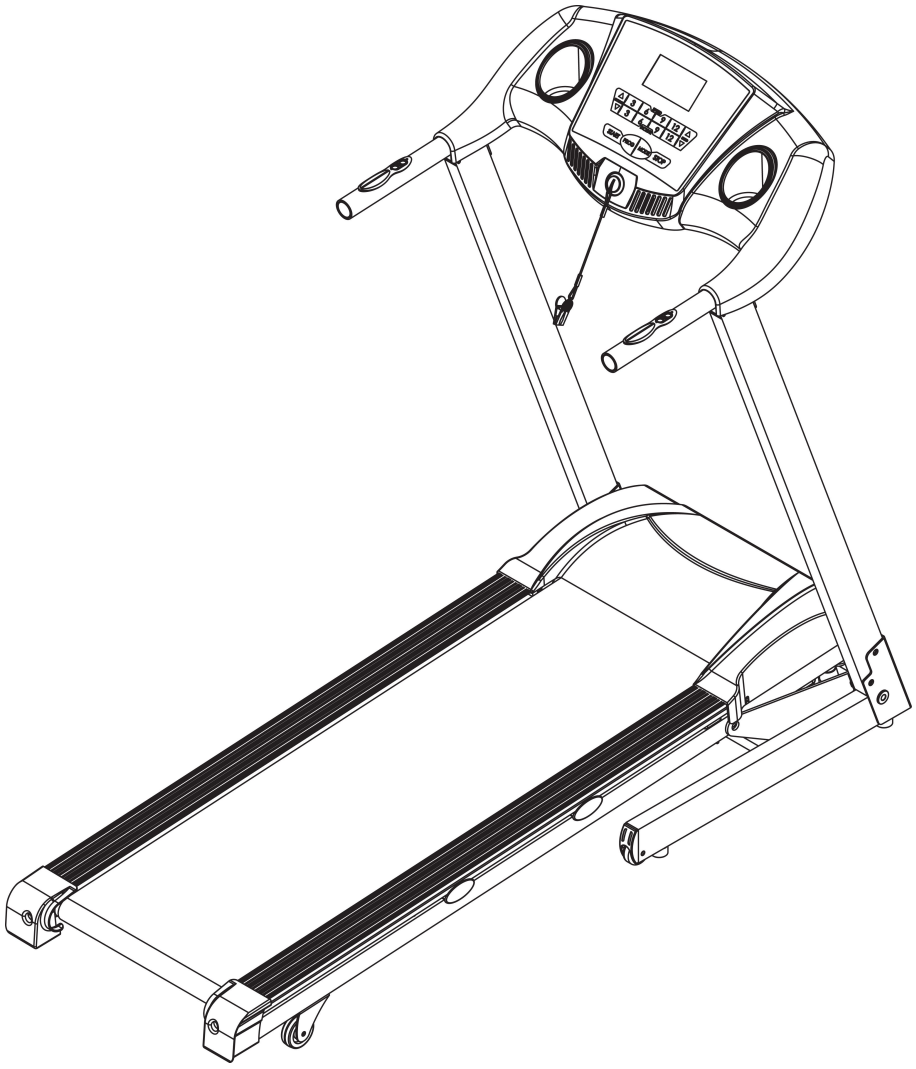
USER'S MANUAL



Read all instruction carefully before use this product. Retain this owner's manual for the future's reference

SAFETY PRECAUTION

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ATTENTION:

1, Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.

2, Please do not insert any items to any part of the equipments, which would damage the equipment.

3, Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

4, Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5, Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6, Keep the children and pets away from the treadmill while starting workout.

7, Don't exercise in 40-Mints after dinner.

8, The equipment is suitable for adults, Juveniles need be accompanied with adults while workout.

9, You must hold on to the handrails until you become comfortable and familiar with the treadmill at your first start the workout.

10, Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.

11, Please purchase the power-line to the distributor or contact with our company directly, for the power-line only equip to the treadmill.

12,If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

13, Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

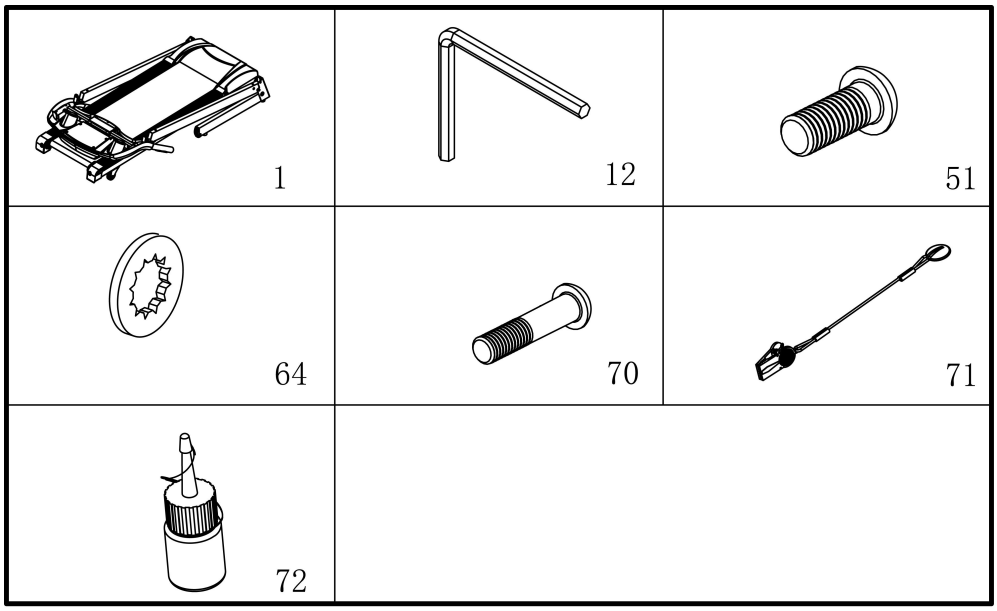
14, Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged.

15,This Treadmill only for home-using. **The max user weight:≤100KG on running station.**

16, Please keep the space at least 1 X 2 meter at the end of base frame to escape any accidents!

ASSEMBLY INSTRUCTIONS

When you open the carton, you will have below spare parts:



PART LIST:

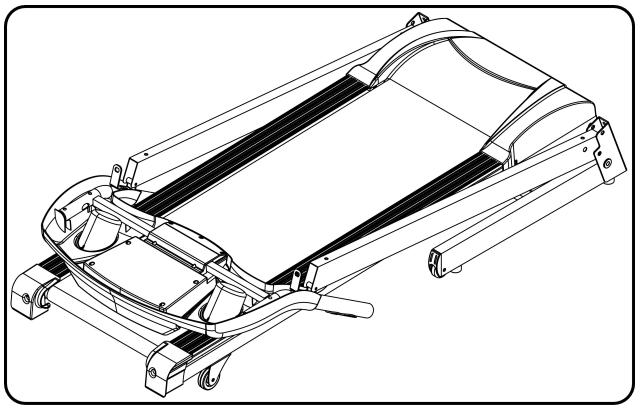
NO.	DISCREPTION	SPECS	QTY		NO.	DISCREPTION	SPECS	QTY
1	Main Frame		1		70	Bolt	M8*45	2
12	5# Allen Wrench		1		71	Safety key		1
51	Bolt	M8*16	4		72	Oil bottle		1
64	Lock washer	8	6					

FIXING TOOLS:

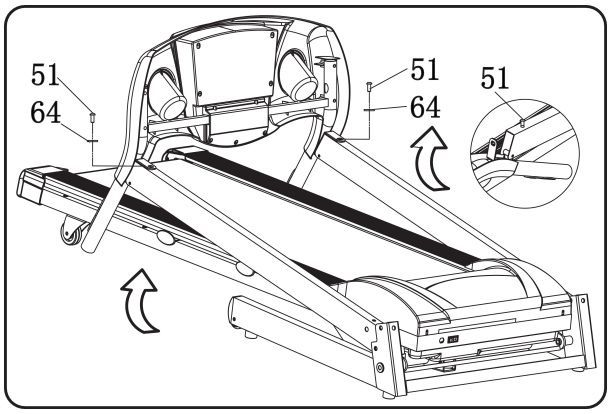
5# Allen Wrench 5mm 1pc

Notice: Do not get through power before complete assembly

Assembly Instruction

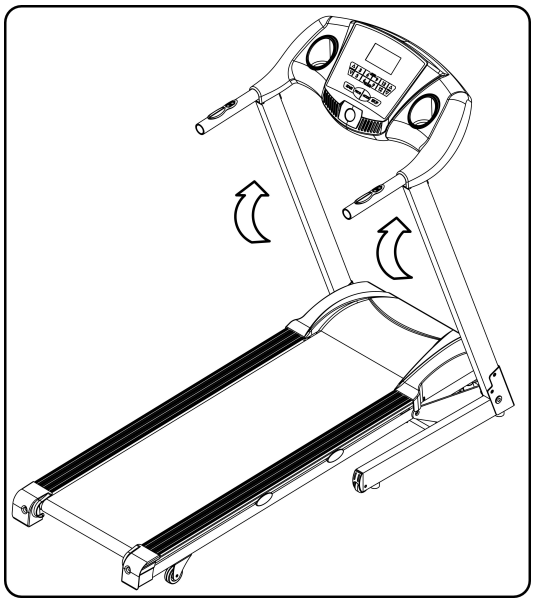


Open the carton, get out the above spare parts, and put the Main Frame onto the level ground.

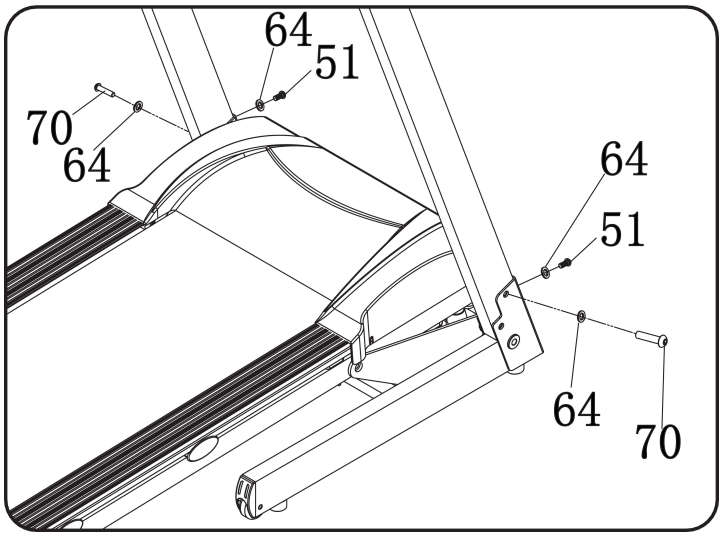


Holding the computer frame ,use the 5# Allen wrench，Lock the base and right upright tube tight by screw M8*16(51) and lock washer （64）See as left picture.

Left side assembly method same as right side

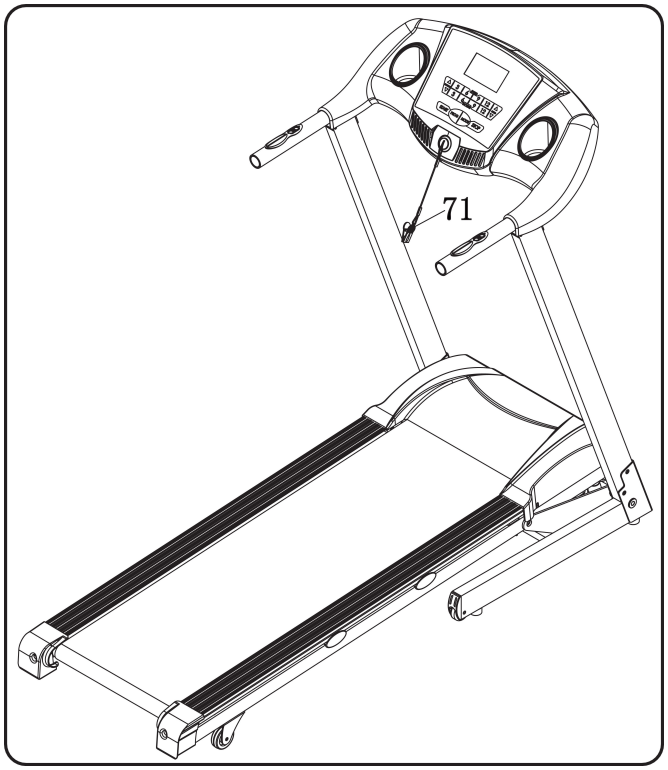


Pull up the uprights



Use the 5# Allen wrench (12)，lock the screw M8*45 (70) and lock washer （64） to the base frame through base and right upright tube.

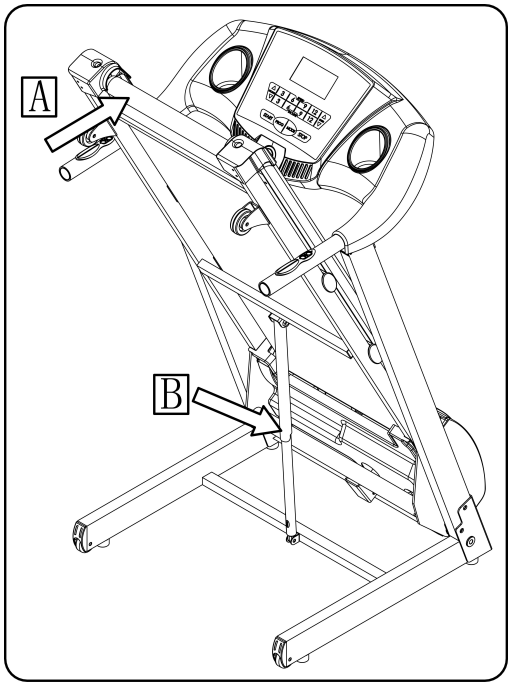
Notice: Support the upright with hand avoid falling down to have any hurt.



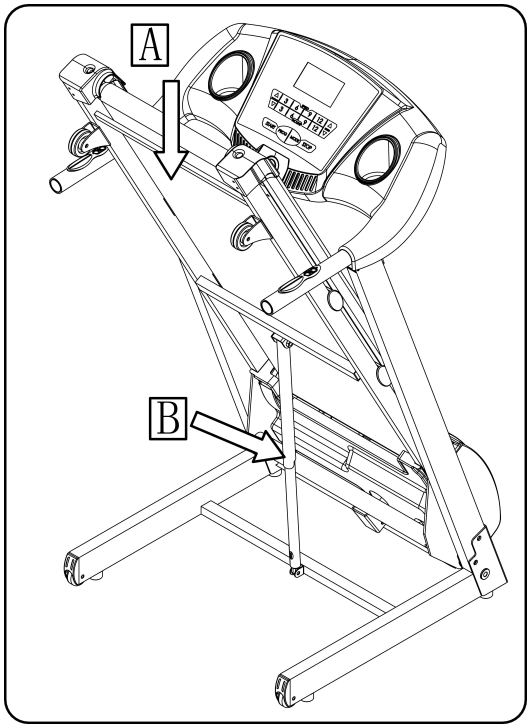
put the safety key (71)on the computer and start your exercise.

ATTENTION：

Please make sure all parts have been fixed properly. Before you use the treadmill, please read the instruction carefully.



Pull up the base frame at position A, till hearing the sound that the air pressure bar B is locked into the round tube



Support place A with hand , kick the place of air pressure bar, then the base frame will fall down automatically (Please keep anybody and any pet away the machine when falling down)

Technical Parameter

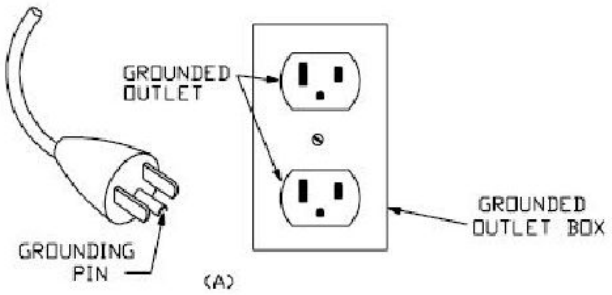
BUILT UP SIZE(mm)	1580.5*670*1327mm	POWER	As the rating label showing
FOLDED SIZE(mm)	850*670*1470mm	MAXIMUM OUTPUT POWER	As the rating label showing
RUNNING AREA(mm)	400*1200mm	SPEED RANGE	0.8-12KM/H
NET WEIGHT	53KG	MAX USER WEIGHT	**100KG**
1 LCD WINDOW DISPLAY	SPEED/ TIME /DISTANCE/CALORIE/ PULSE		

Grounding Methods

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding methods



COMPUTER OPERATION GUIDE

OVERVIEW：

1. LCD WINDOW DISPLAY

"PROG": Show programs, show "---" in manual mode;

"TIME": Show running time

"SPEED": Show running speed. When start the machine, the window will count down:3,2,1;

"INCLINE/ PULSE": When show incline section, INCL will light, the window will show incline section;When PULSE light in the window, it will show the heart beat data;

"CAL/DIST": Show calories and distance. When machine in the ready state or running, the window will show calories and distance alternately in 5 seconds, the CAL and DIST will light;

2. BUTTON FUNCTION

"PROGRAM" button: Press this button to choose program from manual mode—P1----P12---FAT;

"MODE" button: When machine in ready state, press this button to choose the mode: mode-time count down, mode-distance count down, mode-calories count down; When FAT state, press this button to choose: " SEX ", " AGE", " HEIGHT", " WEIGHT".

"START" button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;

"STOP" button: Press this button to stop the machine, the machine will stop smoothly;

SPEED▲、▼: Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

SPEED（3，6，9, 12）： Adjust the speed quickly

INCLINE▲、▼： Adjust the incline. Press the button to adjust incline section when run, and adjust the data when stop;

INCLINE（3，6，9, 12）: Adjust the incline quickly;

Button on left handle bar: Adjust incline;

Button on right handle bar: Adjust speed;

3 . MAIN FUNCTION:

Turn on the power, all the windows lit 2 seconds, and then enter the manual mode.

3.1. Start-up quickly(Manual):

Get through power attach the safety lock.After 3 seconds countdown,the treadmill starting and running from the lowest speed, add and subtract by SPEED button to adjust the speed . Please press the stop button or off the safety lock directly to stop.

3.2. Countdown mode

Press the 'MODE' button, it can choose time countdown mode, distance countdown mode, calories Countdown mode, and the window will show the default data and glitter. At the same time, press SPEED ▲/▼ and INCLINE ▲/▼ to set the data. Press 'START' button, the machine will run at the lowest speed, You can press SPEED ▲/▼ to change the speed and press INCLINE ▲/▼ to change the incline. When it Counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the Safety key from the console to stop the machine.

3.3. Preset programs:

Press 'PROG' button to choose the inner install program from P1----P12. When set the program, the time window will show default data and glitter, press SPEED button to set the running time. Each program has been divided into 20 section, each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed and incline will change as next section data. When finish one program, the machine will stop smoothly, and incline will be 0. During the running, you can change the speed and incline by the SPEED ▲/▼ and INCLINE ▲/▼ whenever, when the program enter next sect will come back to the current speed and incline. And you can press 'STOP' or take out the safety key to stop the machine whenever.

4. HEART RATE:

When holding the hand pulse by two hands, the pulse window will show your heart rate after 5 seconds. In order to get the heart rate exactly, please do a test when the machine stop and hold the hand pulse more than 30 seconds. **The heart rate data is just for reference cannot be as the medical data.**

5. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the speed window. 'FAT' is body fat test mode. Press ' MODE' to choose parameter ' SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "-1-"，"-2-"、"-3-""-4-". When set each parameter, press SPEED ▲/▼ to adjust the data, and CAL/PULSE window will show the data and press 'MODE' button to finish, and the window will show"-5-" and"---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

5.1 Data display and set range

PARAMETER	DEFAULT	RANGE	REMARK
SEX（-1-）	0（MALE）	0—1	0=MILE 1=FEMAIL
AGE（-2-）	25	10—99	
HEIGHT（-3-）	170 CM	100—240 CM	
WEIGHT（-4-）	70KG	20—160KG	

5.2 Body fat index comparison

Body fat index （BMI）	Obesity level
<19	Too thin
19--26	normal
26--30	overweight
>30	Too fat

6. MP3 : (OPTION ,IF HAVE)

Put external audio equipment (such as: MP3) audio through random add audio line inserted to an audio input port, you can play music。

7. SLEEP FUNCTION:

A. Stop for more than 10 minutes without any operation, the system completed all showed off into the body of sleep sate.

B. Press any key to wake up console under sleep status.

8. **Exercise parameter and setting**

	Showing range	Mode default	Program default	Setting range
SPEED	0.8KMH—12KMH	--------	--------	--------
INCLINE	1—12			1—12
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	--------	0.5KM—99.5KM
CALORIES	0Kcl—999Kcl	50Kcl	--------	10Kcl—995Kcl

Program table:

TIME / PROG		To set time / 20 time = running time of each period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	3	3	2	2	2
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	3
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3

EXERCISE INSTRUCTIONS

WARM UP STAGE

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

EXERCISE STAGE

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity:4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

EXERCISE FREQUENCY

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

Speed 0.8-3. 0KM/H not well physical

Speed 3.0-4.5KM/H less movement and workout

Speed 4.5-6.0KM/H normal walking

Speed 6.0-7.5KM/H Fast walking

Speed 7.5-9.0KM/H Jogging

Speed 9.0-12.0KM/H intermediate speed walking

Attention: The velocity of movement **≤6KM/H , the normal walking;** The velocity of movement **≥8.0KM/H ,the runner.**

WARM UP STAGE

Take warm-up exercise before workout for 5-10mints.It' easy to start training with warm-muscle. Training following this method for 5-times, each leg doing for 10seconds or more ,do it again after finished-training.

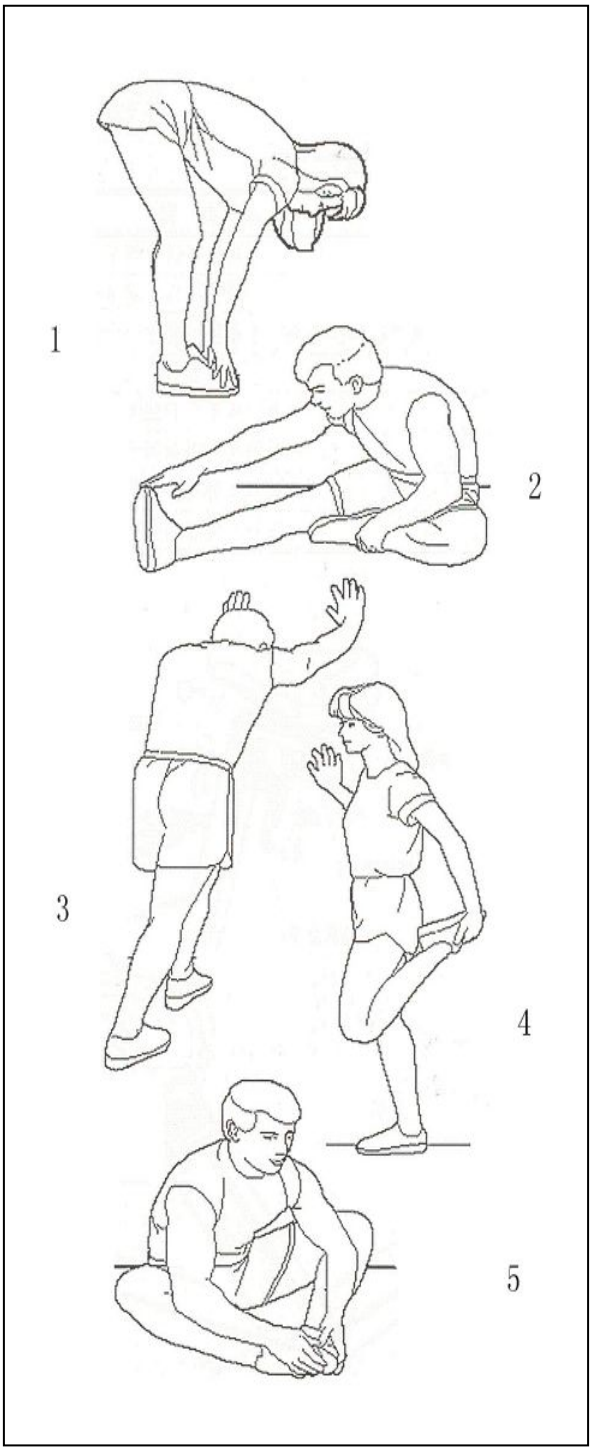
1,Down spread your body: Knees slightly curved, body bends slowly ,then relax your back and shoulders, trying to touch your toes in hands for 10-15Mints, then standing up .Repeat this action for 3Times. PIC 1

2, Hamstring stretch: sitting on the clean seat, keeping on leg straight and the other leg bending little close to the straight one. Touch the toes in hands .Keep the pose for 10-15 seconds, then relax. Repeat the action for 3Time. PIC 2

3, Legs and feet stretched tendon: Standing close to the wall or tree, on foot in the post and keep straight ,the heel hit ground at the direction of the wall and tree. Stay for 10-15Seconds, then relax, repeat this action for 3Times. PIC 3

4, Quadriceps stretch: Keep balance by the hands hold up the tree or close to the wall, then the right hand back stretch until catch the right leg and close to the hip, while you feel tense with the muscle in front of thigh. Keep the pose for 10-15Seconds. Repeat this action for 3 Times. PIC 4

5, Sartorius muscle (inner thigh muscles) stretch: sitting with foot in contrast and knee outward. The hands grasp the feet to the groin pulling .Maintain the pose for 10-15Seconds, then relax. Repeat this action for 3 Times .PIC 5



RUNNING BELT ADJUSTMENT

Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning or the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

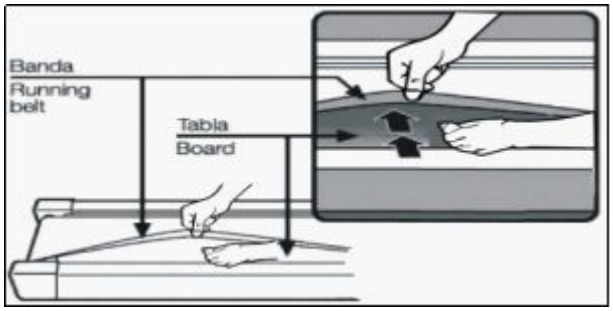
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months

We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair need the professional technician.



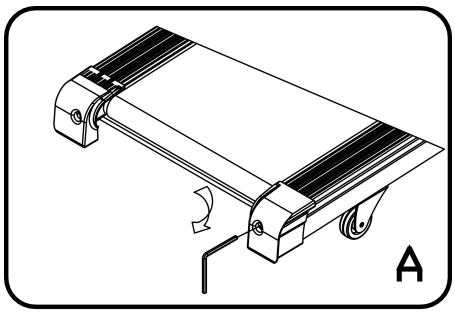
1, We suggest that you should cut off the power for 10Mints after keep running 1.5HS , so that it's good for maintain the treadmill.

2, For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.

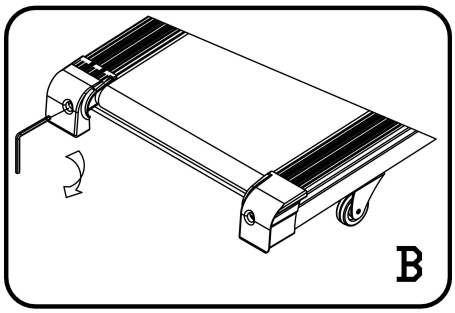
Center the running belt

Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

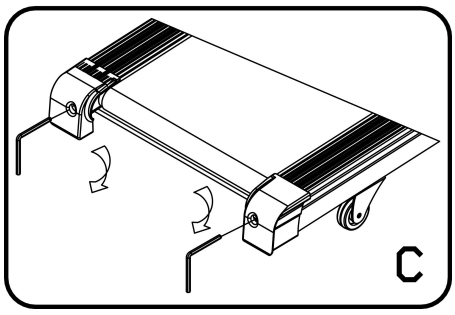
If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A

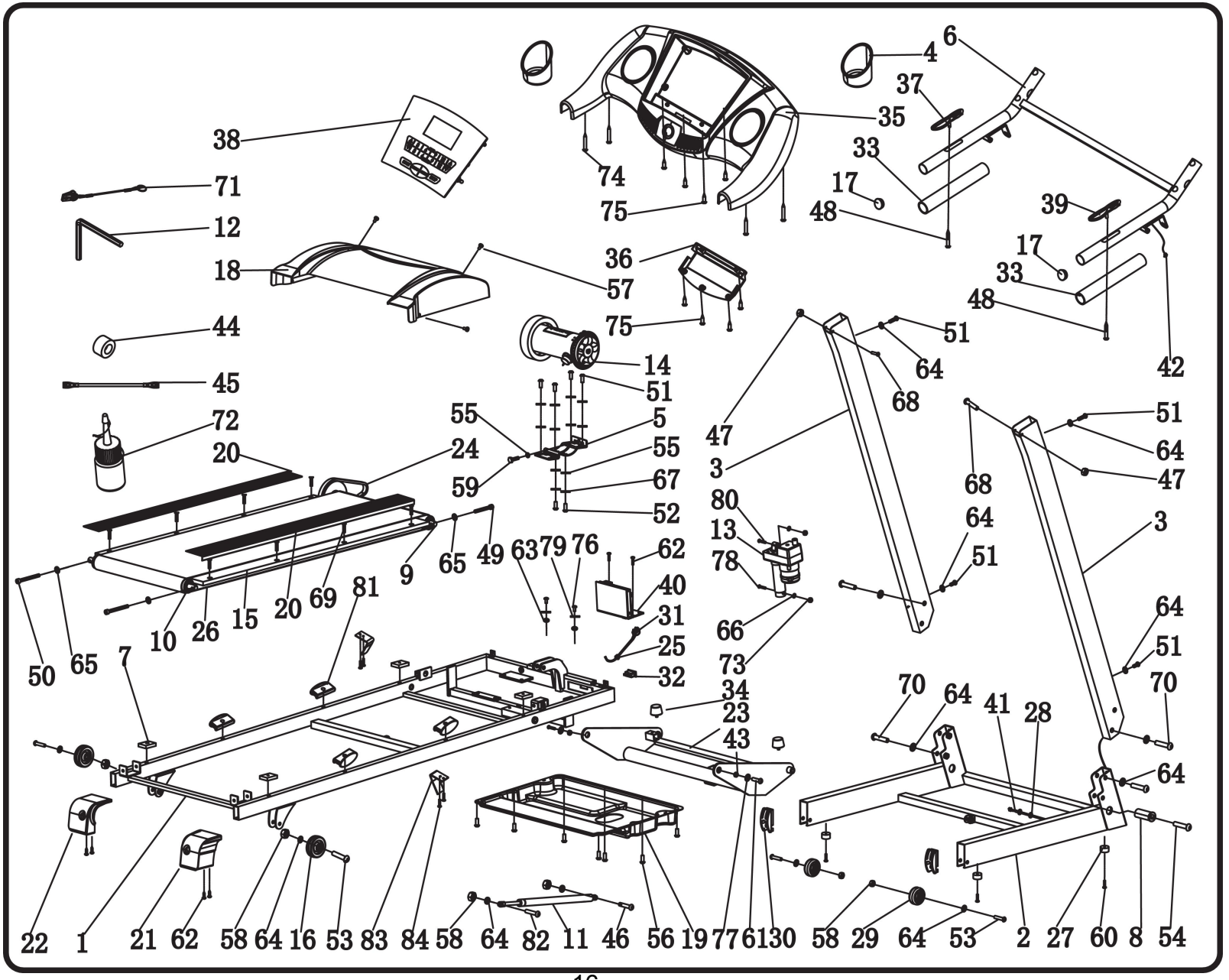


If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise ,then start running until centering the belt .PIC B



Timely adjust the tightness of the belt ,for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C

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NO.	DISCREPTION	SPECS	QTY.		NO.	DISCREPTION	SPECS	QTY.
1	MAIN FRAME		1		43	Rubber pad 2		2
2	BASE FRAME		1		44	Magnetic ring		1
3	Upright bracket		2		45	Blue single wire		1
4	Bottle holder		2		46	bolt	M8*25	1
5	Motor frame		1		47	Lock nut	M6	2
6	Computer Bracket		1		48	Bolt	ST4.2*28	2
7	rubber pad		4		49	Bolt	M6*45	1
8	TURNING BUSHING		2		50	Bolt	M6*65	2
9	FRONT ROLLER		1		51	Bolt	M8*16	8
10	REAR ROLLER		1		52	Bolt	M8*12	2
11	CYLINDER		1		53	Bolt	M8*40	4
12	5#ALLEN WRENCH	5mm	1		54	Bolt	M10*70	2
13	Incline motor		1		55	Lock washer	8	7
14	DC motor		1		56	Bolt	ST4.2*12	7
15	Running board		1		57	Bolt	M5*8	4
16	Adjustable wheels		2		58	Lock washer	M8	6
17	Tube cap		2		59	Bolt	M8*30	1
18	Motor cover		1		60	Bolt	ST4.2*19	4
19	Motor bottom cover		1		61	Bolt	M10*20	2
20	Siderails		2		62	Bolt	ST4.2*19	6
21	Right back end cover		1		63	Lock washer	5	2
22	Left back end cover		1		64	Lock washer	8	16
23	Incline frame		1		65	Lock washer	6	3
24	Motor belt		1		66	Lock washer	10	2
25	Power wire buckle		1		67	Lock washer	8	6
26	Running belt		1		68	Bolt	M6*37	2
27	Foot pad		4		69	Bolt	M6*35	8
28	ring wire plug B		2		70	Bolt	M8*45	4
29	transport wheel		2		71	Safety key		1
30	Roller Cover		2		72	Oil bottle		1
31	Power wire		1		73	Lock nut	M10	2
32	Switch		1		74	Bolt	ST4.2*20	4
33	Foam		2		75	Bolt	ST4.2*13	9
34	cone-shape cushion		2		76	Bolt	M5*15	2
35	Computer button cover		1		77	Lock washer	10	2
36	Computer cover		1		78	Bolt	M10*55	1
37	Hand pulse with incline+/incline-		1		79	Lock washer	5	2
38	Computer		1		80	Bolt	M10*55	1
39	Hand pulse with speed+/speed-		1		81	Cushion		4
40	Controller		1		82	Bolt	M8*42	1
41	Computer bottom wire		1		83	Belt guide		2
42	Computer upper bottom wire		1		84	Bolt	ST4.2*12	4

Fault Code	Main resaon	Solution
E01	The wire from computer to bottom control board didn't connected well	1． Check the connection wire between computer and control board was well connected. 2． Make sure the IC on the control board was well inserted. If not re-insert. 3． Abnormal power supply in control board. Please change a new control board.
E02	Protect the exploding	1． Bad contact with motor open circuit. Please change a new motor or check the connector. 2． Power tube was puncture. Please change a new Power tube or control board.
E05	Overcurrent Protection	1． Overloaded。 2． Running board with heavy resistance. Need to be oiled 3． Damage in Motor. Change a new motor.
E06	Control board self-checking	
E08	EEPROM damage	Change the control board